



Rules

- Our Short SwimRun and SwimRun distances are both single competitors.
- Participants must wear a wetsuit.
- Participants must carry all their own equipment at all times.

1. Organisation

1.1. Race organisation

Great SwimRun is organised The Great Run Company Ltd.

2. Entry pre-requisite

2.1. To be able to participate in the Short distance race you must be at least 16 years old and able to swim half a mile unaided.

2.2. To be able to participate in the SwimRun race you must be at least 17 years old and able to swim half a mile unaided.

2.3. Entry fee is final. No refunds will be given. View event withdrawal and refund policy [here](#).

2.4. No external sales of your entry is allowed.

3. Race course

3.1. Race course

3.1.1. The race course is marked. The finalised race route will not be published until 4 weeks prior to the race.

3.1.2. The participants must follow the marked course.

3.1.3. The participants that do not follow the marked course will be disqualified.

3.2. Feed Stations

3.2.1. There will be several water/food checkpoints throughout the course.

3.3. Medical points

3.3.1. There will be several medical points where participants can get help if needed.

3.3.2. There will be medical staff and equipment on boats.

4. Equipment

4.1. General about equipment

4.1.1. All participants need to bring all their equipment from start to finish, if you fail to bring all your equipment to the finish line you will be disqualified.

4.2. Mandatory equipment

- Wetsuits suitable for water temperature of 10 degrees Celsius
- 1 compass
- 2 whistles
- 1 backpack, hip pack or something to carry the mandatory equipment
- Dressing bandage

4.3. Mandatory equipment that the organiser will supply

- Race bibs must be worn visible at all time during the race
- Maps (available on the website)
- Timing chip
- Swim caps must be worn during all the swims

4.4. Recommended equipment

- Water bladder
- Tow float
- Compression socks

4.5. Equipment that is NOT allowed

- Floatation help that is bigger than 100 cm x 60 cm

5. Timing

5.1. Timing

5.1.1. The time is from the start until the last participants have passed the finish

line. 5.2. Cut offs

5.2.1. Throughout the course there will be cut offs where participants (depending on the distance) need to pass by a certain time to be able to continue racing.

5.2.2. Information about the cut off times are in the race manual.

6. Racers responsibility

6.1. General

6.1.1. The participants must know the rules and follow these.

6.1.2. The participants shall respect other participants, organisation, spectators and the people living in the race area.

6.1.3. The participants are not allowed to use unfair methods to get advantage.

6.1.4. The participants are obliged to help in case of emergency if the organisation is asking for it.

6.2. Before the race

6.2.1. The finalised race route will not be published until 4 weeks prior to the race. The participants can train and scout the course area prior to the race but have to respect the residents in the area.

6.3. During the race

6.3.1. The participants are participating at their own risk and cannot hold the organisation responsible for any accident during the race.

6.3.2. Individuals are obliged at their best ability to help other individuals that have been injured or are being sick.

6.3.3. Any individual that has abandoned the race shall report it as soon as possible to the organisation.

6.3.4. The participants are not allowed to throw away rubbish except at a designated refuse collection point. If a participant is doing so, they will get disqualified.

7. Rules

7.1. Race jury

7.1.1. Race jury is the race director and two persons from the race organisation.

7.1.2. The race jury is: - Enforcing the rules – Deciding the outcome of a protest – Decide about disqualifications – Decide about course changes and changes in the rules.

7.1.3. At least two members of the jury is needed to be able to take a race jury decision.

7.1.4. The race jury has the right to use "common sense" to take a decision about arisen situation if it is not clear in the rules.

7.1.5. The decision of the race jury is definitive.

7.2. Protests

7.2.1. A protest must be given in written to the race organisation within an hour after finishing the race.

7.2.2. A protest must include: - Time and location – Participant number and signatures of the team members - Participant number or team name of the team that the protest is against – The reason for the protest – If possible, include witness with name or team number.

7.2.3. The protest that does not fit the criteria of point 7.2.2 is being ignored.

7.2.4. A decision from the race jury will be communicated with those involved as soon as possible.

7.3. Disqualifications

- Offence against the rules leads to disqualification.

7.4. External assistance

- It is not allowed to receive assistance from other people than the race organisation. Each individual has to make their own way from start to finish.

8.Safety

8.1. General safety rules

- 8.1.1. The race organisation can refuse a participant to continue if they judge them not capable caused by fatigue or being in such bad physical condition.

9.Media and sponsor exposure

9.1. Sponsor markings

- The teams are allowed to have sponsors marked on their race gear.

9.2. Race bibs

- The race bibs cannot be modified in any way and must be worn at all time.

9.3. Pictures and film free rights

- The participants given the race organisation the right to use pictures and film material taken during the race to be used free of rights in marketing, press material, internet, television and movie.

10. Accepting the rules

By entering the race each participant accepts the rules in full. You accept that the organiser can make "common sense" changed to the race rules prior to the event.